



State of Utah

OLENE S. WALKER
Governor

GAYLE McKEACHNIE
Lieutenant Governor



STATE OF UTAH
NATURAL RESOURCES
Division of Parks & Recreation



October 14, 2004

NEWS RELEASE
For Immediate Release

Contact:

Leslie Schaffer, Red Cross, (801) 323-7007

**Winter Weather Preparedness Week Topic For Friday:
Have A Disaster Supplies Kit Before Winter Storms Strike**

What: Interview opportunity with emergency preparedness specialists from the Red Cross regarding how to prepare for a winter storm. Opportunities to film or photograph disaster supply kits are also available.

When: Friday, Oct. 15, 2004. Interested media may contact Leslie Schaffer with the Red Cross to arrange interviews and/or photo opportunities

Are you ready for a Winter Storm? Heavy snowfall last winter left many people stranded in their homes without power. There are several steps families and individuals can take to make sure they're prepared for severe winter weather. Below are some tips:

- 1) Put together a Disaster Supplies Kit (one for your home, one for your car).
- 2) Put your kit in a clearly labeled, easy-to-grab box.
- 3) Have extra blankets on hand.
- 4) Ensure each member of your household has a warm coat, gloves/mittens, hat and water-resistant boots.
- 5) Have your car winterized before winter storm season.
- 6) Stay alert to storm warnings by listening to your local radio and TV stations or cable weather channel, such as The Weather Channel, for update storm information.

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- 7) Know what winter storm watches and warnings mean and listen to your NOAA Weather Radio when watches and warnings have been issued for your area.
- 8) If a winter storm watch is issued, be alert to changing weather conditions and avoid unnecessary travel.
- 9) When a winter storm warning is issued, stay indoors during the storm. Be prepared to shelter-in-place. If you must go outside, several layers of lightweight clothing will keep you warmer than a single, heavy coat. Gloves or mittens and a hat will prevent loss of body heat. Cover your mouth to protect your lungs.
- 10) Understand the hazards of wind chill, which combines the cooling effect of wind and cold temperatures on exposed skin, and walk carefully on snowy, icy, sidewalks.
- 11) Check on any neighbors who may require special assistance. The elderly and people with disabilities may require additional assistance. People who care for them or who have large families may need additional assistance in emergency situations.
- 12) Heart attacks from shoveling heavy snow are a leading cause of deaths during winter. After the storm, if you shovel snow, be extremely careful. It is physically strenuous work, so take frequent breaks. Avoid overexertion.

For information about building a Disaster Supply Kit or for Sheltering In-Place contact the following agencies:

American Red Cross (www.redcross.org)

FEMA (www.fema.org)

National Weather Service (www.nws.noaa.gov/om/winter/index.shtml)

Utah Division of Emergency Services and Homeland Security (www.emergencymanagement.utah.gov)

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